



Saratoga County Public Health

The Public Health Connection

A Community Newsletter for Better Health & Wellness

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Program of the Month:

Rabies is a deadly disease caused by a virus. Rabies virus is present throughout Saratoga County and New York State. Rabies is spread through saliva or nervous tissue of an infected mammal. Many Saratoga County residents undergo treatment each year to prevent rabies after an animal bite or exposure to a bat. Many of these treatments could be avoided. If you find a bat in your home (especially in a room where you have been asleep) do not release it. Contact Saratoga County Public Health at 584-7460 to determine if rabies testing is needed. Avoid touching unknown pets or wildlife. If you are bit by a dog or cat or other domestic animal, obtain the name, address, and phone number of the owner so that public health is able to follow up. Gathering this information could help you avoid rabies treatment. Free rabies clinics for your animal are available spring through fall. Check the Saratoga county animal shelter website for dates and times.

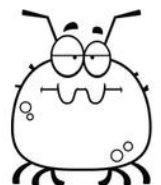


Spring is here and so are ticks!

It's time to take precautions to protect yourself from ticks which can carry Lyme disease & other serious infections. Ticks become active as soon as the ground is no longer frozen & snow covered. Ticks can't fly or jump. They rest on vegetation & attach to a passing animal or person. Once on a body ticks often crawl & attach to the more hidden areas such as the groin, armpits and scalp. The risk of exposure to ticks is greatest along trails in the woods & on the edges of properties with tall vegetation, but ticks may also be carried by animals & pets into lawns & gardens.

By following a few precautions when in wooded or grassy areas where ticks are more common you can decrease your chances of being bitten by a tick. Wear light colored clothing (to spot ticks) & tuck pants into socks and shirts into pants. Check frequently for ticks on clothing or skin and brush them off before they attach. Also, check your children and pets for ticks. At the end of the day do a thorough tick check of your entire body, your children's bodies & pets bodies. If using tick repellent follow the label's directions carefully. Do NOT apply repellents directly on children. Apply to your own

hands and then put it on the child. Never apply to the hands of a small child. Do NOT apply repellents near your nose, eyes or mouth. When ticks are found attached to a body they should be removed immediately using fine-tipped tweezers. Grasp the tick as close to the skin as possible & then gently & steadily pull the tick straight out without twisting or squeezing. Then wash the area thoroughly and apply an antiseptic. NEVER use gasoline, kerosene, petroleum jelly or hot matches to remove ticks. Visit www.health.ny.gov/tickfree for more detailed instructions.



Did You Know ...?



- ✓ Saratoga County Public Health services residents throughout Saratoga County
- ✓ Saratoga County Public Health offers a short-term Certified Home Health Agency for skilling nursing, physical & occupational therapy, home health aides, and medical social work
- ✓ Saratoga County Public Health can place and read PPD test for job & school requirements

For information regarding above call 584-7460 extension 8358



We Answer Your Questions!

Q: Who should get the pneumococcal vaccine?

A: There are currently 2 types of pneumococcal vaccines: pneumococcal conjugate vaccine (PCV13 or Prevnar 13®) and pneumococcal polysaccharide vaccine (PPSV23 or Pneumovax®). •PCV13 is recommended for all children younger than 5 years old, all adults 65 years or older, and people 6 years or older with certain risk factors. •PPSV is recommended for all adults who are 65 years and older and for persons 2 through 64 years of age who are at high risk for pneumococcal disease. Don't miss out, get your vaccination! For more information visit: <http://www.cdc.gov/vaccines/vpd-vac/pneumo/vacc-in-short.htm>.



Q: Can I get the shingles vaccine if I have had the shingles?

A: Yes. The vaccine for shingles (Zostavax®) is recommended for use in people 60 years old and older to prevent shingles. The CDC recommends anyone 60 years of age or older should get the shingles vaccine, regardless of whether they recall having had chickenpox or shingles. Even if you have had shingles, you can still receive the shingles vaccine to help prevent future occurrences of the disease. For more information visit: <http://www.cdc.gov/vaccines/vpd-vac/shingles/vacc-need-know.htm>.

Q: What is a POD and how can you help?

A: A POD (Point of Dispensing) is a physical site where medical counter measures (MCM) can be dispensed to the general public. MCM is any drug, vaccine, biological therapy or device given to an at risk person to protect them from a hazardous agent. We need volunteers to help us with our POD drill! SCPH will be holding a drill to exercise our dispensing plan. It is being held on April 7th from 12pm-2pm at Maple Ave. Middle School, 515 Maple Ave. Saratoga Springs, NY 12866. Please come from 12pm-2pm. For more information visit: <http://www.saratogacountyny.gov/wp/wp-content/uploads/2013/11/SARATOGA-COUNTY-PUBLIC-HEALTH-Link-for-the-notice.pdf>.

Public Health Clinics

We offer a variety of clinics throughout the month such as:

Flu Vaccination Clinics:

Monday, Tuesday, Thursday & Friday from 8:15am-9:30am through June 30, 2015- walk in

Appointments are *NOT* required for this clinic. Cost is \$40. We accept cash, check, Mastercard, or Visa. We do bill insurance as well. For those not insured or under insured, we also offer a sliding scale fee (please call for further information).



PPD Clinics:

(Also known as Mantoux testing)
Placement on: Monday & Tuesday mornings between 8:15am-9:30am
Read on: Thursday & Friday mornings between 8:15am-9:30am

Appointments are *NOT* required for this clinic. Cost is \$10.



<https://www.facebook.com/pages/Saratoga-County-Public-Health-Nursing-Service/1601462386807095?sk=timeline>